



2019-2020

Pelham High School

Principal-Dawn Mead

Asst. Principal-Adam Barriere

January 2020

#PelhamProud

#everyday

PHS students received 118 Art Scholastic Awards. PHS received the most in the state and Tristan Archer won a Best in Show. The ceremony will be Feb 16 at Pinkerton and the awards will be at 12:00.



The PHS Honor Roll will be posted on the school website as soon as it is available.

PHS Athletics

Kudos and great job to the PHS Athlete Leadership Group for raising \$840 for The NH Wounded Warriors Foundation by selling Camo Hats this Fall and Winter. Pelham joins the many high schools in NH that contribute to this outstanding cause. Pictured are Seniors Nick Carroll, McKenna Williams and Colby Travis. And yes, we still have hats left for \$10. Contact tkress@pelhamsd.org if interested.



MASLANEK REACHES 100 FASTER THAN ANYONE

PHS Junior Wrestling Standout Conor Maslanek earned his 100th win earlier this season. Conor has achieved this milestone faster than any other PHS Wrestler. Conor is the two time defending State Champion, undefeated again this year as he was last year. Remember the D3 Wrestling State Meet is right here at Pelham High again on February 22. Hope to see many of you there to support our wrestlers. Conor is pictured here with his teammates celebrating his big win.



GYMNASTICS TEAM SCORES BEST EVER

The PHS Gymnastics Team scored a record 129.5 points in their final home meet. Senior Lauren Lavallee went out on top, winning the overall competition. The Pythons are currently ranked in the top 5 in NH again this year, and head into their State Meet on February 15th as one of the teams to beat, along with Pinkerton, Londonderry and BG. Not bad for a school with 600 total students. Pictured are the 5 Pelham Seniors with their pal from Alvirne and Coach Rozzi's daughter Eliana.



PYTHON INDOOR TRACK READY FOR STATE MEET

The Pelham High Indoor Track Team might not have huge numbers, but the athletes that they do have are pretty special. Leading the way is Senior John Elie. John is ranked #1 in the 55 High Hurdles, having won the Dartmouth Relays two weeks ago and placed 4th in the very prestigious Boston Holiday Classic run at Northeastern. Senior Dylan Foss is ranked #2 in Long Jump and #4 in the High Jump. The Boys 4x400 Relay Team of Elie, Foss, Cam Dufault and Ryan Miller are ranked #1 in D2 NH.

On the Girls side, Juniors Paige Hurst and Gwen Dahlinger are ranked #2 and #3 in the 300 Meter. Both are also ranked in the top 6 in their second events as well. Junior Jackie Cawthron is highly ranked in the 55 High Hurdles, and the 4x200 Relay Team of Dahlinger, Hurst, Cawthron and Senior Cassie Hemmerdinger are ranked #1 right now in D2. State Meet is February 9 at Dartmouth College at 10:00am. Can't wait. Pictured is John Elie on the podium in Boston last month.



Future Business Leaders of America Raising funds to help grant a wish for an ill child.

Just before the holiday break, FBLA members took turns offering cheer to students and staff who generously gave to the Make A Wish Foundation. Some students chose a PHS lanyard or a Santa hat, and others wanted a Christmas Themed rubber duck. There was also a donation made of a big HUGE teddy bear that FBLA was able to raffle off to a lucky winner (Ethan Joncas).



All in all, FBLA members manned the 'booth' for a full week, 3 lunches a day and raised over \$200 to help grant a wish for an ill child. A special shout out to Kiara Goulet for her amazing generosity.



Picture Left: FBLA Officers: James Downs, Alexandra Burke, Dharni Bhagat, Ken Paquette, Josh Nottebart, and Taha Afzal.

Picture Right: Ken Paquette, Ken Pawlowicz, Ryan Bellahrossi, and Nicole Pelletier

Club News

FCA focused during the holiday season to supply Boston Children's Hospital with requested items for their patients. Student's collected card games, coloring books, and glow in the dark nail polish.



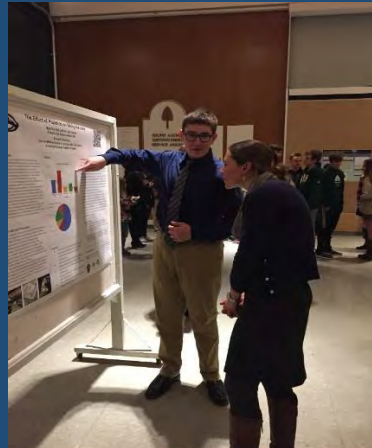
Science News

Dartmouth Poster Session

Honors College Prep and College Prep Biology students completed research with Dartmouth College on methylmercury accumulation in dragonfly larva. Student teams began collecting larva in a variety of locations in Pelham in September. Dr. Kate Buckman from Dartmouth came to Pelham discussing research topics with students. In January student teams who had completed research were invited to present their work in a Poster Session at Dartmouth College.



Dr. Padhye (far left) and Dr. Holden (far right) with Pelham students following presentations.



Dr. Cecelia Chen lead scientist with Dartmouth Toxic Metals discussing research with Maria Dagher. Jack Hamlin discussing his research results with Dr. Jennifer Brentrup the Keynote Speaker at the event.



U.N.H. scientist partner to Pelham High School Florencia Fahnestock, presented to the A.P. Environmental class on her research in the Arctic testing mercury levels.

In December the PHS Drama Department performed The Nutcracker and then went to see the Nutcracker in Boston. We just wanted to share a little from the performance.



Touring back stage at the Boston Opera House, The Nutcracker Ballet.

Coming to PHS Theater May 7th, 8th, 9th

